



	Mon	Tues	Wed	Thurs	Friday	Sat
8:00am						Aqua Fit
9:00am						Deeply Fit
12:00pm					Deeply Fit	
1:00pm					Aqua Fit	
6:30pm		Aqua Fit		(6:15-7:15) Aqua Fit		

Sign-Up Online: thewisc.com and look for *Aquatic Classes* under *Fitness Academy*.

Aquatics classes require preregistration to attend. We ask that participants register by 9pm the previous evening to allow instructors to best prepare for the class. You may still register after that time but please contact Coach Sarah directly to confirm there is room.

757-524-1090 | pooltogethernow@gmail.com | thewisc.com

<u>Fitness Academy Packages</u>	<u>Member</u>	<u>Non-Member</u>
Drop in Fee		
Individual (Youth or Adult)	\$15/session	\$20/session
10 Pack		
Individual (Youth or Adult)	\$120	\$175
All Inclusive Monthly Package		
Individual (Youth or Adult)	\$80/month	\$125/month
Couple (18yrs+)	\$110/month	\$175/month
Family	\$160/month	\$225/month



Aquatic Fitness Class Descriptions

Aquatic fitness classes are an excellent way to improve your fitness by using the water's natural properties of resistance and buoyancy. You'll be strengthening your muscles and improving cardiovascular fitness without subjecting your body to additional wear and tear – leaving you feeling strong and refreshed when it's time to give it your all.

- It is not necessary to know how to swim for any of the aquatic fitness classes.
- Participants are encouraged to work within their own physical limits.
- A water bottle is recommended for all classes.

All classes are taught by Sarah Colvin, AEA Water Fitness Professional. Sarah believes that a lifestyle of health is built on activities that you enjoy that are sustainable over time. By blending physicality and musicality into upbeat classes, Sarah likes you to leave her classes feeling fitter and happier.

Deeply Fit – Deep water running and traveling guaranteed to challenge your body, your core muscles, and your stamina. A buoyancy belt is worn during the workout in the deep water pool.

Research has found that deep-water training to improve cardiorespiratory fitness while decreasing the compressive load on the spine. Training in the deep water helps to maintain your aerobic performance even when you have an injury that prevents exercise on land.

Aqua Fit – Whether you are a beginner or seasoned athlete, this class is for you! A balanced, water workout to improve cardiovascular fitness, core stability, muscle strength and flexibility. All Aqua Fit classes take place in the shallow pool. Water shoes are recommended but not required.

In an Aqua Fit class, you begin with a warm up in the shallow pool's 83-86 degree water. From there, you will use variety of movement patterns, equipment, and interval progressions to maximize the benefits of the water's resistance. While this format is perfect for pre and post-natal moms, anyone rehabbing injuries, or those who are new to exercise, it can also help improve your performance in high-impact activities, including running, dance, or team sports.